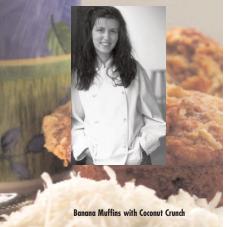


.Canola in the

"In baking, like in so many other arts, some of the most important elements play supporting roles rather than staring ones. As careful as I am when I choose fine bittersweet cocoa for a rich dark cake, or perfectly just-overripe bananas for luscious muffins, I am equally conscientious when I choose the quiet ingredients. In my baking, using canola oil in recipes that call for vegetable oil has become a given. Its light, pure and neutral taste allows every nuance of flavour to come through without being masked or compromised. It is the best of all worlds: healthful, easily available. affordable even at the highest quality, and best of all for a baker, it is brilliantly, humbly, undetectable". Regan Daley





Regan Daley's book in the sweet kitchen won top honours at both the Cuisine Canada and International Association of Culinary Professionals Cookbook Awards



71/	11 (1	075	
1½ cups		375	
½ cup	tightly packed light	125	mL
	brown sugar		
1 Tbsp	baking powder	15	mL
¾ tsp	baking soda	4	mL
½ tsp	salt	2	mL
¼ tsp	cinnamon	1	mL
⅓ tsp	nutmeg	1	mL
1½ cups	mashed ripe banana	375	mL
	(about 3 to 4 mediun	n bar	nanas
2	large eggs, lightly be		
⅓ cup	canola oil	75	mL
1½ tsp	pure vanilla extract	7	mL
¾ cup		175	mL
	or flaked coconut		
Topping:			

Makes 12 regular or 6 large muffins

opping:	unsalted butter,	25 mL
Z Insh	melted and cooled	ZJ IIIL
⅓ cup	sweetened shredded	75 mL
	coconut	

3 Tbsp light brown sugar 1. Preheat oven to 350°F (180°C). Grease 12 regular or 6 large muffin cups and set aside. Combine topping ingredients in a small bowl. Stir and set aside.

2. In a large bowl, whisk together flour, sugar, baking powder, baking soda, salt, cinnamon and nutmeg. In another large bowl, whisk together mashed bananas. eggs, canola oil, and vanilla.

3. Add banana mixture to flour mixture all at once, stirring just enough to almost moisten dry ingredients. Add coconut, and stir to incorporate. Divide batter among muffin cups and drop crumbles of topping mixture over top of batter.

4. Bake for 15 to 20 minutes for regularsized muffins, 20 to 25 minutes for large, or until tops spring back when lightly pressed and a wooden skewer inserted into the centre of a muffin comes out clean. Cool pan on a wire rack 10 minutes, then turn muffins out and cool on the rack until desired temperature. These are wonderful warm, but should be cooled completely before wrapping and freezing, or storing. They'll keep well in an airtight container at room temperature for about 4 days. To freeze, wrap well in plastic wrap then in a freezer bag; use within 2 months.

All-in-the-Pan **Chewy Chocolate Cake** Recipe by Regan Daley

1½ cups	all-purpose flour	375	mL
1 cup	granulated sugar		
¼ cup	natural unsweetened	50	mL
	cocoa powder, such a	S	
	Ghirardelli or Hershey's		
1 tsp	baking soda	5	mL
½ tsp	salt	2	mL
	canola oil	100	mL
1 Tbsp	white vinegar	15	mL
1 tsp	pure vanilla extract	5	mL
1 cup	cool water	250	mL
lcing:			
$\frac{1}{4}$ cup	unsalted butter,	50	mL
	at room temperature		
	icing sugar	500	
	milk or water 2:	5-45	mL
1½ tbsp	natural unsweetened	20	mL

cocoa powder 1 tsp pure vanilla extract 1. Preheat the oven to 350°F (180°C). Sift the flour into an ungreased, unfloured 8 x 8-inch (20 x 20 cm) square baking pan (a 9 x 9-inch (23 x 23 cm) pan would work too; reduce the baking time by 5 to 7 minutes). (If you wish to unmold the cake before icing and serving, oil the pan lightly and line the bottom and up two sides with a piece of parchment paper. Take care when mixing not to disturb or tear the paper. Personally, I like to leave the cake in the pan; it keeps very well that way, and is even easier!) In a small bowl, whisk together the sugar, cocoa, baking soda and salt. Add this mixture to the flour in the pan and stir well with a fork or small whisk to blend the ingredients (a flat sauce whisk works beautifully). With the back of a tsp, make three indentations or wells in the dry mixture: one large, one medium-sized, and one small. Into the large well pour the canola oil. Into the medium sized well, the vinegar. Pour the vanilla extract into the last well and pour the water over everything. With a fork, stir the mixture until the ingredients are well blended, making sure you reach into the corners and sides to catch any dry pockets. Do not beat this batter, but mix just until most of the lumps are smoothed out, and there are no little patches of

overly thick or overly runny batter. A few lumps won't hurt, and it's important not to overbeat at this point.

2. Bake the cake for 30 minutes, or until a wooden skewer inserted into the centre of the cake comes out clean and the top feels springy when lightly touched. Transfer the pan to a wire rack and cool the cake completely before cutting, turning out or icing. This is an extremely moist cake, and it will tear if cut too soon. While you're waiting for the cake to cool, whip up a batch of the chocolate icing. If you have lined the pan with parchment, run a knife around the sides of the pan and gently lift the cake out with the help of the parchment paper.

3. In a medium bowl, cream together the butter and 1 cup of the icing sugar until the butter is well disturbed. The mixture will be very dry and still powdery. Stir in 1 tablespoon of milk or water, then sift the cocoa powder over the mixture and cream to blend. Mix in the vanilla, then add the second cup of icing sugar. Add as much of the remaining liquid as necessary to make a thick, creamy icing. (This recipe makes more than enough to generously frost the top and sides of the cake, and if you keep the cake in the pan, as I do, you will have plenty of icing left over for areedy finaers!)

4. To serve, you can simply sprinkle the cooled cake with sifted icing sugar and/or cocoa powder, but yummy icing really completes it. And there is not better cake for a scoop of chocolate or vanilla ice cream. Any leftovers can be stored in the pan, at room temperature, covered with a piece of aluminum foil. The un-iced cake freezes well: wrap the whole pan securely and thaw without disturbing the wrapping, at room temperature, for 4 to 6 hours. Makes enough for 8 servings if your auests are really polite. 3 to 4 if they are honest. (Again, I'm not kidding).

Recipe from in the sweet kitchen by Regan Daley ©2000, published by Random House Canada, Cover by Sharon Foster Design, Photography by Rob Fiocca.



Sweet Potato Bundt Cake Recipe by Regan Daley

3/4	сир	golden raisins	175	mL
1/2	cup	dark rum	125	mL
2	•	large or 3 medium-siz	ed 2)
_		sweet potatoes	-	
4		large eggs	4	
				1
	cups		500	
	cup		250	
2	tsp	pure vanilla extract	10	mL
3	cups	all-purpose flour	750	mL
	tsp	baking powder	5	mL
	tsp	baking soda	5	mL
	tsp	salt, plus extra for		mL
//	ısh			IIIL
11/		salting the water	-	
	tsps	cinnamon		mL
	tsp	freshly grated nutmeg		
3/4	cup	buttermilk	175	mL
Gla	ze:			
1/2	cup	tightly packed	125	mL
		dark brown sugar		
1	Then		50	ml
3	ıpsp	whipping cream (35%		
		remaining rum macer	atin	9
		liquid from raisins		

1. Preheat the oven to 350°F (180°C). Oil and flour a 10-inch fluted tube or Bundt pan. In a small non-reactive, soak the raisins in the rum for at least 30 minutes or several hours. Meanwhile, peel the sweet potatoes, cut them in half and then cut each half into ¾-inch slices. Place the slices into a pot of cool salted water, cover, then bring the water to a boil. Reduce to a gentle simmer and cook until sweet potatoes are very tender when pierced with a sharp knife. Drain off the water and allow the potatoes to air-dry for a few minutes, then use a potato masher or large fork to roughly mash them. Measure out about 2 cups (500 mL) of the mash and set aside to cool. 2. In a large bowl with a whisk or the bowl of a stand mixer fitted with the paddle attachment, beat the eggs a little just to break them up. Add the sugar and beat until the mixture is thick and pale, about 2 minutes with a mixer, 3 if whisking by hand. Add the canola oil and vanilla, then beat to blend. Drain the raisins, and add 1/4 cup (50 mL) of the rum macerating liquid

to the batter. Reserve the remaining rum for the glaze. Add the mashed sweet potatoes and mix until thoroughly combined, scraping down the sides and bottom of the bowl.

ing powder, baking soda, salt, cinnamon and nutmeg. Add the flour mixture to the batter in three additions, alternating with the buttermilk in two additions, beginning and ending with the dry ingredients. Fold in the raisins. Pour the entire batter into the tube pan. Bake in the centre of the oven for 1 hour to 1 hour and 20 minutes, or until a wooden skewer inserted into the centre comes out clean, and the cake is just beginning to pull away from the sides of the pan. Cool the cake in the pan set on a wire rack for 10 minutes, then invert onto the rack. While the cake is cooling, prepare the glaze. This cake must be glazed while still warm, so it absorbs the maximum syrup - so don't take it out of the oven and go to the movies. 4. For the glaze, combine the brown sugar, butter and cream in a small heavy-bottomed saucepan. Bring to a boil over medium heat, stirring until the sugar dissolves. Continue to boil until the mixture thickens somewhat, about 3 minutes, stirring often. Remove the glaze from the heat and stir in the rum. With a long wooden or metal skewer, poke holes all

Recipe from in the sweet kitchen by Regan Daley ©2000, published by Random House Canada, Cover by Sharon Foster Design, Photography by Rob Fiocca.

over the cake, concentrating on the top.

Spoon about half of the warm glaze over

the cake and let the cake and remaining

alaze cool for 10 to 15 minutes, until it

has thickened slightly. Pour over the cake,

letting it dribble down the sides, then allow

the cake to cool completely before cutting

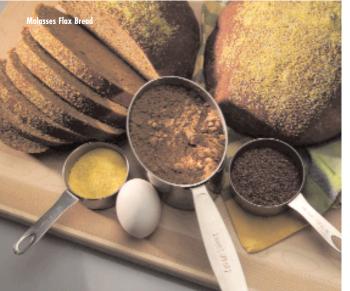
and serving or wrapping and storing.



Gingersnaps Recipe by Betty Burwell

½ cup	canola oil	125 mL		
1 cup	granulated sugar	250 mL		
1 .	egg	- 1		
¼ cup	molasses	50 mL		
1¾ cup	all-purpose flour	425 mL		
2 tsp	ginger	10 mL		
1 tsp	cinnamon	5 mL		
1 tsp	baking powder	5 mL		
	baking soda	5 mL		
½ tsp	salt	2 ml		
	granulated sugar	50 mL		
1. Beat canola oil with sugar. Whisk in				
egg and molasses. Add flour, ginger,				
cinnamon, baking powder, baking				
soda, and salt. Stir until dough is moist.				
Using 1 tsp (5 mL) per cookie, shape				
dough into ball. Roll in sugar.				
2. Bake on lightly oiled cookie sheets				
at 375°F (190°C) 12-15 minutes. Let				
cool on cookie sheets or racks. Makes				
36 cookies.				
30 (00KI	es.			





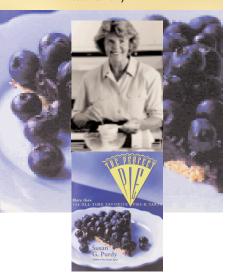
2 Tbsp yeast 25 mL 1½ cup water 300 mL granulated sugar 1 tsp 5 mL 1 cup buttermilk 250 mL 2 Tbsp canola oil 25 mL ¼ cup molasses 50 ml ¼ cup maple syrup 50 mL salt 10 mL 2 tsp 250 mL 1 cup flax meal 750 mL 3 cups whole wheat flour 3 cups all-purpose flour 750 mL 1. Sprinkle yeast over warm water and sugar and let stand in a warm place for 10 minutes or until yeast is dissolved. When dissolved stir in buttermilk, canola oil. molasses, maple syrup, salt and flax meal. 2. Add whole wheat flour and 2 cups (500 mL) of all-purpose flour to form a sticky dough. Knead for 8 - 10 minutes while working in the remaining 1 cup

(250 mL) all-purpose flour. Put in oiled bowl, turn to oil top and let rise until double in bulk. Punch down, divide into 2 and either shape into round loaves on baking sheets or put in two 5 x 9 inch (13 x 23 cm) loaf pans. Let rise again. 3. Bake at 375° - 400° F (190° - 200°C) for 30 minutes. Mix a mixture of 1 Tbsp (15 mL) melted margarine and 1 Tbsp (15 mL) maple syrup and brush baked loaves. Dust with corn meal. Yummy!



"If you are reluctant to handle or roll your piecrust, this recipe will change your life. It only takes a few minutes to toss all the ingredients together and then press them in place with your fingertips. No overhandling, no rolling, no toughness - no fail: the textures is tender, crisp and slightly flaky, with an excellent taste. Even a child can do this with ease.

This reduced fat recipe contains zero cholesterol and compared with an all-butter crust about one seventh the saturated fat. Canola oil is, of course, 100 percent fat, but is high in monounsaturates, which are heart-healthy". Susan G. Purdy



No Rolling Pin Pastry *Recipe by Susan G. Purdy*

Yield: For one 9 or 10 inch pie shell plus pastry decorations or one 11 inch tart shell: for a two-crust 9 inch with extra pastry decorations make 1½ times the recipe (3 cups of flour)

2 cups	unsifted	500	mL
	all-purpose flour		
1 tsp	salt	5	mL
	granulated sugar	5	mL
⅓ cup	(scant) canola oil	150	mL
3 Tbsp	skim or low fat milk,	45	mL
·	or as needed		

1. In a mixing bowl or directly in the pie plate, toss together the flour, salt and sugar. Add the canola oil and milk (or stir them together first in a cup), then toss them with the flour mixture using a fork or your fingertips. As soon as the dough looks clumpy and holds together, press it out in an even layer in the baking pan. You can also cover the dough with plastic wrap and press it out in the plastic. Build up a thicker dough layer on the rim and flute or pinch into scallops.

2. If making a two-crust pie, roll out the top crust between two sheets of lightly floured wax paper. Peel off one sheet, position the crust over the filling, and peel off the backing paper. Cut steam vents and bake as directed in the recipe. Editor's Note...Try the saskatoon or tourtiere pie (two Canadian favourites) with the No Rolling Pin Pastry.

Recipe from The Perfect Pie by Susan G. Purdy © 2000, published by Broadway Books. Jacket photo by Beatriz da Costa, design by Roberto de Vicq de Cumptich. Purdy photo by Mark Ferri.

Saskatoon Berry Pie Recipe by Dorothy Long

If you are from the Canadian prairies you will be familiar with Saskatoons - sweet, purple berries. As a child my family would head out with pails to our secret patch of wild Saskatoons and return with purple tongues and lips and pails of berries. Although they are wonderful picked right from the bush, my absolute favourite dessert is my Mom's saskatoon pie. This is her recipe.

			750-1000	mL
1	Tbsp	lemon juice	15	mL
		granulated sug	ar 150	mL
1/4	cup	tapioca or	50	mL
	•	all-purpose flou	ır	

1. This recipe makes enough for one pie but is easily doubled or tripled! Combine saskatoons, lemon juice, sugar and tapioca in a large bowl. Arrange saskatoon mixture in unbaked pie shell. Cover with top crust.

2. Bake for 15 minutes at 425°F (220°C), then reduce heat to 350°F (180°C) and bake for 35 minutes. Enjoy!

Tourtiére

Recipe by Simone Demers Collins

While many French-Canadian tourtières do include mashed potatoes, the majority do not have grated potatoes in the bottom. I don't know when this tradition started with my family. Maybe it simply was my grand-mother's response to difficult economic times. With more money, or fewer sons to feed, the layer of grated potatoes decreased, and the measure of meat rose - regional Canadian cuisine at its budgetary best!

anadian cusine at its budgetary best!
2 lb medium ground pork 1 kg
1 lb extra lean ground beef 500 g
4 medium onion, grated 4
1 cup water 250 mL
4 tsp each salt & pepper 2 mL
4 tsp each ground allspice 1 mL
5 mutmeg pinch ground cloves

1 cup peeled & grated potato 250 mL pastry for two double crust 9-inch pies

- 1. There is enough filling for two meat pies. In a heavy bottom pot, place meat, onion, water, salt and pepper. Bring to the boil and reduce heat to medium. Cook until meat is well cooked, and no pink remains. Add allspice and nutmeg, plus a very small pinch of cloves. Mix well and taste. Add more salt if needed.
- 2. Place bottom pie crusts in pie plates. Spread half of the grated potato over each pie crust. Sprinkle with salt. Top with 3 cups (750 mL) of meat mixture. Place second crust over entire mixture. Seal edges and cut vents into top pastry to allow steam to escape.
- 3. Bake 8-9 inch ment pie in a 400°F (200°C) oven for 15 minutes; reduce oven heat to 350°F (180°C) and bake for another 35 minutes. Remove pie from the oven and allow cooling for 5 minutes prior to cutting and serving.



Thanks!

I would like to thank all the contributors to this brochure, especially Regan Daley, Susan G. Purdy, Betty Burwell, Simone Demers Collins and Art Delahey. Your recipes are excellent and your expertise appreciated. I would also like to thank Sandra Dazzan, culinary goddess, for helping out with the photoshoot! Finally, thank you to Gerry Unrau of Colorshape for making all that we do beautiful!



For additional information about Canola Baking contact Canola Info or go to www.canolainfo.org/html/canolabakes.html



In Saskatchewan, 306.387.6610 P 306.387.6637 F dorothy@canolainfo.org www.canolainfo.org

In Alberta, 780.454.0844 P 780.465.5473 F simone@canolainfo.org

In Manitoba, 204.982.2100 P 204.942.1841 F ellen@canolainfo.org admin@canola-council.org

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